

BILL OF RIGHTS FOR CHILDREN WHOSE PARENTS ARE SEPARATED

1. The right not to be asked to “choose sides” between their parents.
2. The right not to be told the details of the legal proceeding going on between their parents.
3. The right not to be told “bad things” about the other parent’s personality or character.
4. The right to privacy when talking to either parent on the telephone.
5. The right not to be “cross-examined” by one parent after spending time with the other parent.
6. The right not to be asked to be a messenger from one parent to the other.
7. The right not to be asked by one parent to tell the other parent untruths.
8. The right not to be used as a confidant regarding adult matters.
9. The right to express feelings, whatever those feelings may be.
10. The right to choose not to express certain feelings.
11. The right to be protected from parental “warfare”.
12. The right not to be made to feel guilty for loving both parents. -- *Author Unknown*

Registration is confidential. The two 3 1/2 hour sessions offer parents information on:

- Stages of divorce and separation for parents and children
- What parents can do to help their children adjust
- Tools for parenting apart
- Skills for listening to children
- Tips on common parental pitfalls
- The legal process - custody, visitation, and child support
- The mediation process
- Local resources

CONTACT INFORMATION:

Donna Horton

Human Development Educator
Cornell Cooperative Extension
Livingston County
158 Main Street, Mt. Morris, NY 14510
t. (585) 658-3250 f. (585) 658-4707
e-mail: dfh8@cornell.edu

WHAT PARENTS CAN DO TO HELP THEIR CHILDREN:

There are three important things for you, as a parent, to focus on to help your children through separation or divorce:

#1 YOU - You need to take care of yourself so you can parent effectively and be a role model for your children.

#2 YOUR CHILDREN - You need to have a good relationship with your children and provide them with structure, stability, support and appropriate care.

#3 YOUR CHILD’S OTHER PARENT - You need to work out the best way to communicate with your child’s other parent and to keep your children out of the middle of your conflicts and disagreements.

Source: NYS Parent Education & Awareness Program

HOW CAN I DO THIS?

These issues will be addressed during the Parents Apart® program.



Parents Apart®

Helping Children Cope with Separation and Divorce

A program for **parents** who are **separating** or **divorcing**: looking at the experience **from the perspective of children**.

*Facilitated by Cornell Cooperative
Extension of Livingston County*

IS THE PARENTS APART® PROGRAM FOR EVERYONE?

Parents Apart® may not be appropriate when domestic abuse is present. If you are involved with an abusive partner, you should call the Cornell Cooperative Extension Human Development Educator before enrolling.

CLASS DATES

Contact the Cornell Cooperative Extension Livingston County at (585) 658-3250 for specific dates and times.

LOCATION

Livingston County Area - classes are held throughout the year. After enrolling, you will receive a letter indicating the location of this class.

Additional series will take place throughout the year. Call to have your name placed on a waiting list.

Parents Apart® is open to residents in Livingston and surrounding counties. (A similar program is offered in Monroe, Ontario & Wayne Counties) Check out the following website: www.ny-courts.gov/ip/parent-ed or call 1 (888) 809-2798 (toll free).

Program Notes

- ⇒ Cost \$50.00* per person includes parent handbook and local resource materials. Limited scholarships are available, application is necessary. *cost is subject to change.
- ⇒ There may be a waiting list, so please register early!
- ⇒ It is a requirement that you attend all sessions to receive a certificate of compliance and reimbursement.
- ⇒ The classroom is not suitable to children; child care is not provided.
- ⇒ Preferred Care members can use their Health Dollars. Go to the Preferred Care website for full details at www.preferredcare.org and click on Health Dollars.
- ⇒ Questions? Call (585) 658-3250, and ask to speak with Donna Horton.

<http://counties.cce.cornell.edu/livingston>

Registrations can also be picked up or dropped off at the Cornell Cooperative Extension Office.



Cornell University
Cooperative Extension
Livingston County

Cornell Cooperative Extension Livingston County provides equal employment and program opportunities.

Class Date: _____
CONFIDENTIAL ENROLLMENT FORM

Name: _____

(As you want it to appear on your certificate)

Address: _____

City: _____

State: _____ Zip: _____

Phone (H): _____

(W): _____

Cell: _____

E-mail: _____

You will receive a letter advising you of the location of this class.

Name of other parent of your child(ren): _____

***Are you currently in danger of your partner or ex-partner doing any of the following:**

1. Physically hurting you by, for example, pushing, grabbing, slapping, hitting, choking or kicking?
2. Threatening to hurt you, your children or someone close to you?
3. Stalking, checking up on you or following you?
4. Making you afraid?

___ **Yes.** (You will be contacted by Cornell Cooperative Extension Human Development Educator. Please indicate the safest way to contact you.)

___ **No.** (None of the above applies to me or I choose not to answer at this time.)

Please send scholarship information.

I am insured by Blue Choice Option (enclose copy of insurance card showing subscriber ID number & expiration date)

Add my name to your mailing list.

Make check or money order for \$50.00 payable to **Cornell Cooperative Extension**. (There will be a \$20.00 fee charged for returned checks.)

MAIL REGISTRATION AND PAYMENT TO:
Parents Apart®
Cornell Cooperative Extension Livingston County
158 Main Street, Mt. Morris, NY 14510



2009 Calendar Year:

CLASSES HELD ON:

Weekdays - 12:30 p.m. - 4:00 p.m.

Saturdays - 9:00 a.m. - 12:00 p.m.

Please check (X) all dates that you are available to attend.

- June 8 & 10 Mon. & Wed.
- July 25 - all day Saturday
- Aug. 17 & 19 Mon. & Wed.
- Sept. 19 & 26 Saturdays
- Oct. 21 & 23 Wed. & Fri.
- Nov. 14 & 21 Saturdays

You will receive a letter advising you of the dates of class in which you are enrolled and the class location. You are not enrolled until you receive the confirmation letter.



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